

# The Salt Lake Tribune.

## HOW TO MAKE THE MOST OF YOUR VACATION RECREATIONS THAT PROMOTE HEALTH, STRENGTH AND VIGOR



CANOEING DEVELOPES BLOOD AND MUSCLE

USE THE HANDS ALTERNATIVELY IN PLAYING TENNIS.

GOLF EXPANDS THE CHEST AND ARMS.

SWIMMING INCREASES THE POWERS OF CIRCULATION.

WALKING IS GOOD EXERCISE

There is no better panacea for ill, real and supposed, than judicious exercise in the open.

Growing girls and women living in towns or closely confined in city offices should endeavor to obtain as many hours in the open air as possible, and to make summer sports during their holidays.

Thin, chested, anemic, under-sized, under-weighted, nervous women are the ones that most need Nature's magic healing.

Sufficient exercise the system becomes robust, the flesh soft and flabby, the skin smooth and wrinkled, the muscles lax and easily developed, and one's whole being is invigorated and ambition on account of the habit of outdoor exercise is cultivated.

It is impossible to give it up. Even in the most ambitious girls rent large halls for tennis, and their muscles will not become lax and lose its firmness.

**MAKING OUTDOOR EXERCISE A HABIT**

Women regard exercise in the open light as a game or croquet or walk a few miles, until they are dead tired, poor things, and they will be, until they stir up a healthy habit that induces vigor and energy by constant exercise.

Some women are narrow-chested, others have weak or their hip measurement is deficient, there are other defects, too, but never can they be cured, and a splendid muscular

development induced by exercise best fitted for individual requirements.

And when the leaves begin to turn in the autumn, your mirror will simply not recognize the morning put the radiant bloom on her cheeks, who covered up the sallowness with powder, who rubbed coloring into her faded locks, and who sewed in ready-to-wear curves. But these artificial beautifiers are no more. The healthy glow on cheek, the sparkle of her eye, the natural sheen of her locks, her broadened chest, muscular arms and limbs are the souvenirs of her healthy, natural life in the open.

All around exercise is capital; no one will dispute that, but it is possible that certain parts of your anatomy require further development, that may be gained by certain forms of exercise that bring muscles into play.

For example, swimming develops the muscles of the chest, arms, limbs, and abdomen, but its

greatest benefit lies in its powers of increasing the circulation through reactionary causes. Rowing, also brings into active condition both muscle and blood.

Tennis is a diversion more likely to be within reach of the average city bred girl than any other. This will develop the muscles of her arms, particularly the forearm, to a surprising extent. But here let me whisper a note of warn-

ing: play with both hands, or the one that wields the racquet will cause the left arm to have the appearance of being lop-sided.

When a girl is ambidextrous she can keep the development of both sides equal. And though it may be tedious and uninteresting for a good player to start all over again by playing with the left hand, it is worth all the trouble in the end.

In golf both hands are used, and the mighty

swings not only stretch the muscles of the arms, but the chest and back as well. Add to this the benefit of walking over the links.

Horseback riding is a most excellent form of exercise, advised by doctors and physical culturists alike.

It brings into play all the muscles, sends the blood thundering through the veins and assuredly gives a woman self-confidence, self-control as well as side issues. A couple of months' riding will do more to develop the bust than a year of massaging.

Your bones will ache and your muscles will be sore, but cheer up. Any kind of exercise taken when you are unaccustomed to it will produce similar results.

The benefits of walking are well known. This, the most common form of exercise, is recommended for fleshy people who wish to part with their superfluous flesh, but the lean kind need not worry. When walking is not too strenuously applied it is a most excellent all around exercise, made doubly beneficial when the practice of correct breathing becomes a part of your regime.

Remember that your exercise in the fresh air will have but little value unless you take deep vitalizing breaths, filling your lungs to their capacity.

**BENEFITS OF DEEP BREATHING**

Throw your shoulders back, your chest out, your abdomen in, your feet close together, so. There you have the proper poise of the body. Keep it, not for a couple of minutes or an hour, but make it a habit, then it becomes second nature. Your lungs have an opportunity of being filled, your organs are not crowded or cramped, your back becomes broad and shapely, your head assumes a becoming angle and your personality assumes a new grace and dignity.

Have all your garments made comfortably loose. No binding of the waist, armholes or neckband. Go without corsets if your figure will permit it, or compromise on the little ribbon girdles. Don't check your muscles, but give them full play to spread and increase in bulk.

Remember to make hay while the sun shines.

MARJORIE